

**Supplementary Table 4. Principal component regression final output between resting hormones and type 1 CSA, type 2 CSA, and LBM both pre- and post-training.**

Pre-intervention resting					Post-intervention resting				
	Estimate	SEM	t-value	p-value		Estimate	SEM	t-value	p-value
<b>Baseline type 1 CSA</b>					<b>Post type 1 CSA</b>				
Intercept	5449	159	34	<0.01	Intercept	6116	148	41	<0.01
PC6				<0.01	PC6	-264	170	-1.6	0.13
					$F = 2.43$		$df = 47$	$R^2 = 0.05$	$pv = 0.13$
<b>Baseline type 2 CSA</b>					<b>Post type 2 CSA</b>				
Intercept	6194	174	36	<0.01	Intercept	7171	156	46	<0.01
PC7	-408	197	-2.1	0.04	PC2	-183	123	-1.5	0.14
$F = 4.28$					$F = 2.21$		$df = 47$	$R^2 = 0.05$	$pv = 0.14$
<b>Baseline LBM</b>					<b>Post LBM</b>				
Intercept	65	1	63	<0.01	Intercept	66	1	67	<0.01
PC2	1.6	0.8	1.9	0.06	PC5	-3.1	1	-3.1	<0.01
PC3	1.6	0.9	1.7	0.10	$F = 9.47$		$df = 47$	$R^2 = 0.17$	$pv < 0.01$
$F = 3.32$									